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Your essential daily news | MONDAY, NOVEMBER 28, 2016

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Ottawa's Patrick Lavoie of the scores a touchdown in the 104th Grey Cup Championship Game at BMO Field on Sunday in Toronto.

GETTY IMAGES

STUNNER

Redblacks win first Grey Cup in franchise history — 39-33 in OT — against Stampeders

Henry Burris threw his third touchdown of the game in overtime as Ottawa shocked the Calgary Stampeders 39-33 to win the 104th Grey Cup.

Ernest Jackson bobbled the pass over the goal line before gaining control as Ottawa won its first Grey Cup title in franchise history.

Calgary was favoured by double digits heading into the game after finishing with a 15-2-1 regular-season record, while the Redblacks at 8-9-1 were the first team to finish first in a division with a losing record.

But Burris scored on a one-yard plunge on the game's opening drive despite having his left knee lock up during the Redblacks' pre-game warmup, and Ottawa controlled most of the entire game.

The Stampeders turned the game into a thriller, however, charging back from 20 points down and forcing overtime on a Rene Paredes field goal with time expiring in regulation.

Calgary quarterback Bo Levi Mitchell, the recently named season's most outstanding player, threw three interceptions.

THE CANADIAN PRESS

metro NEWS

Your essential daily news

Trudeau pushed to admit Castro was actually a dictator. **World**

TRAVEL

Overseas tourism increases

While Canadians from across the country will travel to Ottawa next year to celebrate the nation's 150th anniversary, new figures show tourists from further afield are taking an increasing interest in visiting Canada's capital.

On Wednesday, the Conference Board of Canada released a new tourism outlook report that projected Ottawa-Gatineau will see a 4.9 per cent increase in overnight visitors to reach 5.57 million next year. That's the second-highest relative increase, just behind Montreal at five per cent, among the nine metropolitan areas studied by the think tank.

430K

The number of overseas visitors in the city was about 430,000 this year.

However, international tourists are highly coveted because they tend to spend more than a visitor from a nearby city.

Guy Laflamme, the executive director of the Ottawa 2017 Bureau, which is organizing many of next year's 150th anniversary festivities, says he's expecting additional tourists from Scotland, Ireland, England and France to visit Ottawa next year.

"We will have a (large) contingent of people from Great Britain and France because of their emotional attachment (to Canada)" that stems in part from the historical role those countries played in the founding of modern-day Canada." PETER KOVESSY/ OTTAWA BUSINESS JOURNAL

Outlined in orange is the entire Tunney's Pasture site. The section outlined in white is where a hospital could go. While congestion is a key concern, some residents are receptive to the idea that light rail transit lines will alleviate street traffic. CONTRIBUTED

Residents split on hospital proposal

TUNNEY'S PASTURE

Congestion, traffic main concerns in community

Ryan Tumilty
Metro | Ottawa

Residents living around what could be the future home of the Ottawa Civic Hospital have mixed opinions on the plan, according to their city councillor.

Coun. Jeff Leiper said he has seen a lot of feedback since the news came out that the National Capital Commission was recommending Tunney's Pasture as the best piece of federal land for the new hospital.

"I have received probably a couple dozen notes already. I received quite a lot of feedback in the wake of the announcement," he said.

The hospital had at one point been slated to go across the street from its existing location on land in the experimental farm. The former Conservative government had already granted the land, but the Liberals ordered a review of other sites ending in Thursday's decision that Tunney's Pasture was better suited.

Leiper said people are torn on whether the development is a good idea.

"The feedback that I am getting so far is very split and that includes people who live very near to the hospital site," he said.

He said many people are concerned about traffic and congestion in the area, while others are willing to accept the idea that light rail lines will make that less of a concern.

Leiper said the hospital is just the latest in a string of potential developments in that area of the city and regardless of whether it goes ahead they need to think about the big picture.

"We have to do a holistic review of the transportation needs of people in the near west-end of Ottawa," he said. "We're likely going to add 30,000 people."

DEVELOPMENT

Multi-use site slated to be built

Another institutional landlord is eyeing a redevelopment near the Carling Avenue and Highway 417 interchange, an area that is slated to see a dramatic rise in residents in the coming decades.

The vacant building and car park on the eastern portion of the Travelodge Ottawa property on Carling Avenue will be demolished to make way for a mixed-use development.

Holloway Lodging says it's preparing to construct a mixed-use residential project adjacent to the Travelodge Ottawa.

Demolition of a two-storey parkade and vacant nine-floor building on the eastern part of the property is scheduled to start in early December, says Holloway chairperson Michael Rapps. Decommissioning and demolition contractor Delsan-AIM will lead that stage of the project, he says.

Holloway is still preparing its specific plans for what will replace those structure, but envisions residential units and other uses, Mr. Rapps says, adding that he hopes to file a development application with the city in the new year.

Holloway's plans are the latest redevelopment proposal for an area that's already poised to see major changes in the coming years.

The hotel is less than a block away from RioCan-owned Westgate Shopping Centre. A year ago, the REIT released plans to construct five mixed-use towers on the site — reportedly home to Ottawa's oldest shopping mall — over the next 20 years. PETER KOVESSY/OTTAWA BUSINESS JOURNAL

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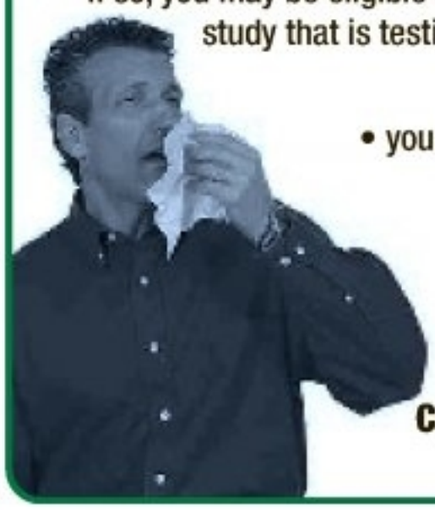
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STEM CELL RESEARCH

City gets boost in funding

Last week, Minister of Science Kirsty Duncan visited the Ottawa Hospital to announce $9-million in funding for stem cell research — with a quarter of the funds supporting medical trials in Ottawa.

Michael Rudnicki, scientific director of the Stem Cell Network and director of the regenerative medicine program at the Ottawa Hospital, said the funding will allow practical research to go forward.

"The research has reached the tipping point where clinical trials are now underway and the work is driving forward to clinical application," he said.

"In the coming generations we'll see the transformation of medical practice with this disruptive technology. Stem cells will be harnessed to repair damaged tissue, we'll be able to treat and possibly cure many, many diseases for which now at this point in time there isn't any treatments."

The funds will go towards running clinical trials, including salaries and costs associated with experiments in the lab and clinic.

Ottawa researchers will be involved in clinical trials to look at how stem cells can be used to improve treatments for septic shock, liver transplants and heart attacks. The three Ottawa projects represent half of the trials funded and close to a quarter of overall funds.

Rudnicki said Canada, and especially Ottawa, is a leader in stem cell research.

"Ottawa is a major centre for stem cell research and regenerative medicine research," he said. "Doing research is expensive, on the other hand it is a relatively small investment with a very large impact in the big scheme of things."

HALEY RITCHIE/METRO OTTAWA

MealShare sees growth spurt in just five months

CHARITY

Ottawa diners bought over 11,500 meals since its launch

Haley Ritchie
Metro | Ottawa

Five months after launching in Ottawa, non-profit MealShare is celebrating eight new restaurant partners in the city and over a million meals provided to hungry youth.

"We've been really lucky with how things have gone in Ottawa," said spokesperson Mariam Zohouri.

"In June, we had the biggest launch we've had across Canada, we had the largest number of restaurants come on board."

Inside participating restaurants, one or two options on a menu are deemed "mealshare" options, designated by a special logo. If a customer purchases that item the restaurant will make a donation amounting to one meal for a youth in need.

"The restaurants that come on board really care about this and their community, they see it as a vehicle for change, so the price of menu items are not increased," said Zohouri.

> In June, we had the biggest launch we've had across Canada.
> Mariam Zohouri

When the organization launched last summer it had 13 local restaurants participating. Since that launch Ottawa diners have bought over 11,514 meals through the program.

Next month eight more restaurants will come on board as the organization celebrates a million meals given nationwide.

New partners range from the formal to the casual and include 10Fourteen, Andaz Hotel's Feast + Revel, Art Is In Bakery, Black Cat Bistro, Coconut Lagoon, Industria and Pure Kitchen.

Each meal purchased amounts to one meal for a young person who may not be getting that food at home.

"It's always meals that we're funding, we don't just donate money directly to the charity. We really believe in using meals as the vehicle for change," said Zohouri. "We really believe in supporting organizations with the passion and the experience, because funding can be one of the hardest things for charities to get."

In Ottawa the organization has teamed up with Operation Come Home and the Boys and Girls Club of Ottawa to supply meals as part of regular programming. Internationally MealShare is partnered with Save the Children Canada.

In each program the result is more kids getting the fuel they need — but Zohouri said it also offers incentive to participate in homework clubs and employment workshops.

Mariam Zohouri with Mealshare Ottawa says eight more restaurant partners will come on board next month. HALEY RITCHIE/METRO OTTAWA

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Redblacks staff take notes

FOOTBALL

Ottawa event coordinators prepare to host Grey Cup 2017

Ryan Tumilty
Metro | Ottawa

Clint Ford, left, and Sebastien Larocque of Ottawa show off their game faces as fans participate in a tailgate party for the Grey Cup at BMO field in Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

Regardless of what happened on the field Sunday night, the Grey Cup was always coming to Ottawa in 2017.

And while the players on the field were trying to win it, team staff were trying to learn everything they could for Ottawa's hosting of the Grey Cup.

Valerie Hughes, the director of major events for the Ottawa Sports and Entertainment Group, said much as they did in Winnipeg last year, they wanted to take in the festival and see how Toronto was running things.

"We came with a bigger team and we are looking at almost everything," she said.

She said that has included meeting with staff and organizers in Toronto, as well as team party organizers and even the company providing temporary stands.

She said Toronto had an event that really focuses on the fans and they want to duplicate that.

"They're focusing activities on the fans. CFL fans are very loyal and very Canadian and have a great outlook and a great attitude."

She said when Ottawa hosts next year, they also want to make sure that people who have never been to a game can get excited.

"We want to make sure we are creating an opportunity for non CFL fans to become CFL fans," she said.

> We want to make sure we are creating an opportunity for non CFL fans to become CFL fans.
>
> Valerie Hughes, Ottawa Sports and Entertainment Group

The Ottawa festival is expected to largely be focused around Landsdowne Park next year, with more than just the game at the field for fans.

"We have such a great facility at Landsdowne Park and we really want to make that the headquarters. We want to make that a one-stop shop," said Hughes.

She said while that plan remains in place, after seeing the events in Toronto they are willing to broaden their reach.

"I think there is opportunity to do so much and to engage more of the city that we could do little satellite activations across the city."

WEST END

One dead, one hurt in fires

Haley Ritchie
Metro | Ottawa

Two fires in the city's west end in the early Sunday morning resulted in injury and one death.

Firefighters received the first call to an apartment building at 1161 Wellington around 1 a.m.

On arrival firefighters began an "aggressive fire attack" and found a man injured inside the apartment where the fire started.

The injured man was taken to the Ottawa Hospital after being treated by paramedics. He died of injuries in hospital Sunday morning and has not been identified.

A second fire call was received at 2:15 a.m. from a person at 3433 Carling Ave reporting their house was on fire and that they were trapped inside.

After police arrived first on the scene, firefighters extinguished the fire and treated the patient until paramedics arrive. The injured person was transported to the hospital.

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LABOUR

Higher pay attracts better babysitters

Genna Buck
Metro | Toronto

At age 10, Jessica Taylor took a babysitting course and started watching neighbourhood kids for $5 or $6 an hour.

That was then. Now the 29-year-old University of Toronto student is helping to put herself through school by babysitting 15 hours a week at $15 an hour.

That's about $900 a month.

Casual babysitting sessions in private homes were once considered an odd job, like lawn mowing. Now, especially in expensive cities such as Toronto, caregivers are increasingly professional and well-paid.

Dozens of babysitters across Toronto that Metro surveyed on social media said they command anywhere from $12 an hour up to $20, with additional qualifications such as first-aid and CPR training or an early-childhood education diploma (Taylor has neither).

It's hard to name another job that has seen that kind of wage growth in the past 20 years.

Taylor manages her work schedule using DateNight, one of several Uber-like apps that match babysitters with families in exchange for a small cut of their fees. She gets far more requests than she can handle.

"Expectations are high in general when you're paying somebody to take care of your children," Taylor said, adding that she regularly picks children up from school, plans activities and crafts, and always makes sure parents come home to a tidy house.

She mostly works within her own neighbourhood, Liberty Village, for upper-middle-class families with young kids.

According to Elize Shirdel, who created DateNight, modern parents are more cautious about who they leave their kids with, and less likely to have extended family and community around to help. And because of that, there's a lot of demand for experienced, qualified, older babysitters who come recommended.

"These are talented young women, and we don't want to underpay young women," Shirdel said.

> **It's expensive, but child care is hard work.**
> Elize Shirdel

University of Toronto student Jessica Taylor works as a babysitter and makes $15 an hour. EDUARDO LIMA/METRO

Aidan Shropshire, 7, sister Kendra, 2, and parents Shannon and Matt at Beavercrest school. WILLY WATERTON/THE CANADIAN PRESS

Ice cream company fights to save school

MARKDALE, ONT.

Regulations make process difficult for Chapman's

A Canadian ice cream company based in a small Ontario town is trying to keep the single school in its community open amid dozens of proposed closures provincewide — but some are cautioning against private intervention in public schools.

Schools like the Beavercrest Community elementary school in Markdale, Ont. — about 150 kilometres north of Toronto — are slated for closure across Ontario as school boards grapple with declining enrolment and less funding.

"It really means a lot to our community to have an elementary school," said Chapman's Ice Cream vice-president Ashley Chapman, who attended Beavercrest when he was a kid. "It's about the students in Beavercrest: all 200 of them being shuffled up and sent to the other schools in the area."

Chapman noted that about 25 per cent of students at the elementary school are his employees' children.

One of those students is Aidan Shropshire, in Grade 2, whose father works for Chapman's.

Shannon Shropshire said her son is loving and bright —gets straight As and Bs — and is into electronics. But he also has autism, and Shropshire said she's worried her son may not be able to adapt to the changes that would come with a closure of Beavercrest.

"He'll have to go to a new town where nobody knows him," she said. "He's already having anxiety about the school closing. This is a child who doesn't like any kind of change."

Chapman said he wants to help children like Aidan.

Initially, he suggested his ice cream company buy the Beavercrest school and lease it back to the school board. But he later learned the process involves the board declaring the school to be surplus property, which then triggers a 180-day consultation period before private companies can bid on the building.

"Going forward, it makes it next to impossible for the ministry to justify building a new school in the area, simply because we've already told them that we don't need a school in the area," he explained.

THE CANADIAN PRESS

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MARKETING

PROTEST

Healer aims to return to Standing Rock

Elder Taz Bouchier
AMEYA CHARNALIA/FOR METRO

Ameya Charnalia
For Metro | Edmonton

Taz Bouchier was in Standing Rock earlier this month and ran healing ceremonies for protesters, both indigenous and non-indigenous, that often ended in tears.

"To be there in their time of need, I was overwhelmed initially with the amount of trauma that I was able to witness in the various people," said Bouchier, an indigenous elder who was a social worker for several years in Edmonton.

Bouchier is now raising money to go back to Standing Rock, and says her work there is more important than ever.

The Standing Rock Sioux Tribe invited Boucher earlier this month to provide trauma counselling for the young people protesting the Dakota Access Pipeline.

Protests against the pipeline started this spring, with the Sioux nation arguing a pipeline rupture could contaminate the Missouri river, the main water source for the community.

Bouchier says providing trauma support is more urgent now, given the recent footage showing police spraying protesters with water cannons in sub-zero temperatures.

And she's not the only member of the local community taking notice. Last week Chief Tony Alexis, of the Alexis Nakota Sioux Nation in Alberta, condemned the response from North Dakota law enforcement.

"I am deeply disturbed with the mistreatment of our indigenous brothers and sisters who have the right and freedom for peaceful assembly," he said.

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A new day dawns in Cuba

CARIBBEAN

Death of Fidel Castro, 90, elicits grief, hope, doubts

His words and image had filled schoolbooks, airwaves and newspapers since before many of them were born. Now Cubans must face life without Fidel Castro, the leader who guided their island to both greater social equality and years of economic ruin.

Across a hushed capital, people wept in the streets on Saturday as news of the 90-year-old revolutionary's death spread. While many mourned, others privately expressed hope that Castro's passing will allow Cuba to move faster toward a more open, prosperous future under his younger brother, President Raul Castro.

In his twilight years Fidel Castro largely refrained from offering his opinions publicly on domestic issues, lending tacit backing to his brother's free-market reforms. But the older Castro surged back onto the public stage twice this year — critiquing President Barack Obama's historic March visit to Cuba and proclaiming in April that communism was "a great step forward in the fight against colonialism and its inseparable companion, imperialism."

Ailing and without any overt political power, the 90-year-old revolutionary icon became for some a symbol of resistance to his younger sibling's diplomatic and economic openings. For many other Cubans, however, Fidel Castro was fading into history, increasingly at a remove from the passions that long cast him as either messianic saviour or maniacal strongman.

A mural showing Ernest Hemingway, left, with Fidel Castro in Havana, Cuba. THE ASSOCIATED PRESS

On Saturday, many Cubans on the island described Fidel Castro as a towering figure who brought Cuba free health care, education and true independence from the United States, while saddling the country with an ossified political and economic system that has left streets and buildings crumbling and young, educated elites fleeing in search of greater prosperity abroad.

"Fidel was a father for everyone in my generation," said Jorge Luis Hernandez, a 45-year-old electrician. "I hope that we keep moving forward because we are truly a great, strong, intelligent people."

For Cubans off the island, Castro's death was cause for celebration. In Miami, the heart of the Cuban diaspora, thousands of people banged pots with spoons, and waved Cuban and U.S. flags in the air. THE ASSOCIATED PRESS

+ STATEMENT

PM Trudeau says Castro was a dictator

Justin Trudeau has come under harsh criticism at home for a statement he issued shortly after learning that Fidel Castro had died.

The statement, made in Africa on a trip with a human rights message, praised the legacy of the former Cuban president.

"He certainly was a polarizing figure and there certainly were significant concerns around human rights," Trudeau said on Sunday. Asked directly whether he thought Castro was a dictator, Trudeau said: "Yes."

THE CANADIAN PRESS

NEW DELHI ROCKING THE RAINBOW ROAD Indian members and supporters of the lesbian, gay, bisexual, transgender (LGBT) community take part in a pride parade in New Delhi on Sunday. Hundreds of members of the LGBT community marched through the Indian capital for the ninth annual Delhi Queer Pride Parade. AFP/GETTY IMAGES

VOTING

Trump blasts recount efforts

In a reprise of campaign-season rancour, Donald Trump and his lieutenants are assailing an effort — now joined by Hillary Clinton — to recount votes in up to three battleground states, calling the push fraudulent, the work of "crybabies" and, in the president-elect's estimation, "sad."

Trump on Sunday tweeted part of Clinton's concession speech, when she told supporters they must accept that "Donald Trump is going to be our president," and snippets from her debate remarks, when she denounced the Republican nominee for refusing to say in advance that he would accept the Election Day verdict.

This came on top of his saying it was a "scam" that Green Party nominee Jill Stein was revisiting the vote count in Wisconsin, Michigan and Pennsylvania. Trump won Wisconsin and Pennsylvania, and as of Wednesday, held a lead of almost 11,000 votes in Michigan, with the results awaiting state certification Monday.

Trump claimed in a tweet Sunday, without any evidence, that "I won the popular vote if you deduct the millions of people who voted illegally." He further asserted the unknowable in saying that if the popular vote determined the presidency, "It would have been much easier for me to win" it because he would have altered his campaign to pile up overall vote totals, not Electoral College votes.

From the sidelines, Vermont Sen. Bernie Sanders, a Clinton rival during the Democratic primary turned ally during the general election, said: "No one expects there to be profound change, but there's nothing wrong with going through the process." THE ASSOCIATED PRESS

MIDDLE EAST

Thousands flee as Syrian, Kurdish forces advance on Aleppo

Displaced families arrive at a makeshift camp in the government-held district of Jibreen in Aleppo. AFP/GETTY IMAGES

Simultaneous advances by Syrian government and Kurdish-led forces into eastern Aleppo on Sunday set off a tide of displacement inside the divided city, with thousands of residents evacuating their premises, and threatened to cleave the opposition's enclave.

Rebel defences collapsed as government forces pushed into the city's Sakhour neighbourhood, coming within one kilometre (0.6 miles) of commanding a corridor in eastern Aleppo for the first time since rebels swept into the city in 2012, according to Syrian state media and the Syrian Observatory for Human Rights monitoring group.

Kurdish-led forces operating autonomously of the rebels and the government meanwhile seized the Bustan al-Basha neighbourhood, allowing thousands of civilians to flee the decimated district to the predominantly Kurdish Sheikh Maqsoud, in the city's north, according to Ahmad Hiso Araj, an official with the Syrian Democratic Forces.

The government's push, backed by thousands of Shiite militia fighters from Lebanon, Iraq, and Iran, and under the occasional cover of the Russian air force, has laid waste to Aleppo's eastern neighbourhoods.

An estimated quarter-million people are trapped in wretched conditions in the city's rebel-held eastern districts since the government sealed its siege of the enclave in late August. Food supplies are running perilously low, the U.N. warned Thursday, and a relentless air assault by government forces has damaged or destroyed every hospital in the area.

500,000

The number of children living under siege in Syria, cut off from food and medical aid, according to the U.N.

"The situation in besieged Aleppo (is) very very bad, thousands of eastern residents are moving to the western side of the city," said Khaled Khatib, a photographer for the Syrian Civil Defence search-and-rescue group, also known as the White Helmets. THE ASSOCIATED PRESS

Japan trying to save pact

TRANS-PACIFIC PARTNERSHIP

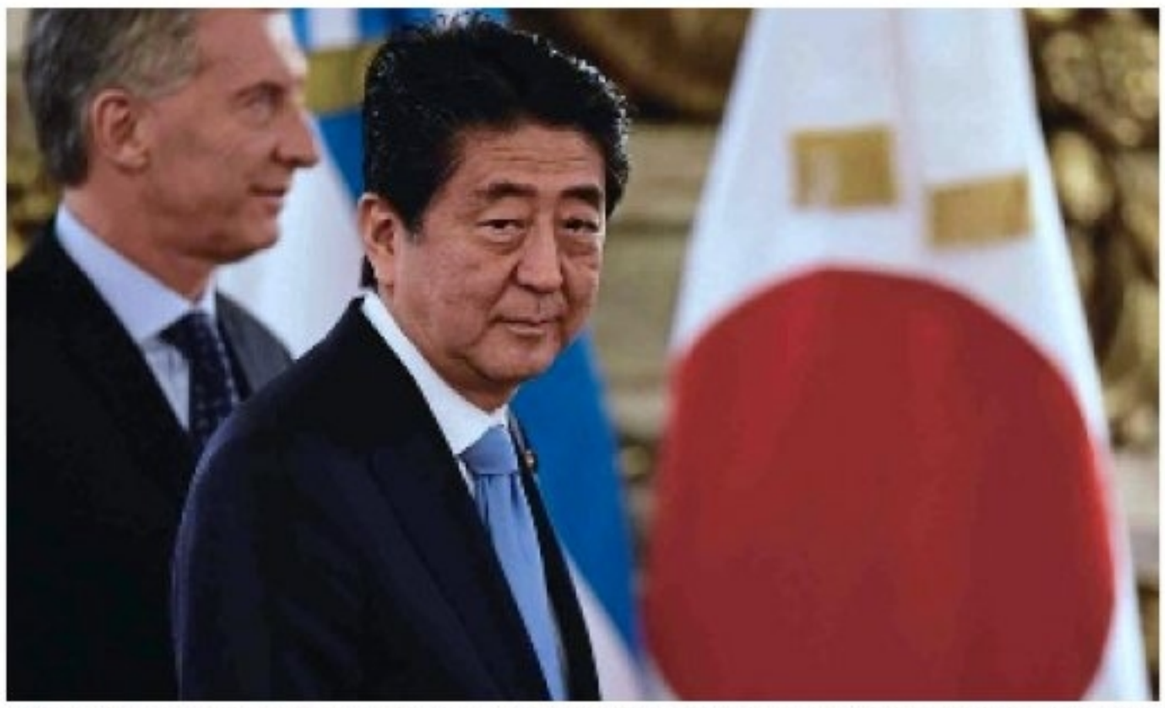
Rebuffs bid by Canada to revive bilateral trade talks

Japan wants Canada to join the fight against rising American protectionism, but that doesn't extend to reviving its own direct trade talks with Canada, the Japanese ambassador has said.

Envoy Kenjiro Monji said Japan is still determined to save the 12-country Trans-Pacific Partnership, despite president-elect Donald Trump's vow to take the United States out of it. Japan hopes that Trump can still be persuaded to back off from his opposition to TPP before his Jan. 20 inauguration.

Japan and Canada hoped to deepen their economic ties through their joint membership in the massive Pacific Rim trade deal that would have brought together 40 per cent of the world's economy.

Canada has for years set its sights on increasing trade with Japan, the world's third-largest economy, but the two countries set aside work on a bilateral trade agreement in 2014 as the TPP talks progressed.



Japan's Prime Minister Shinzo Abe says the TPP is "meaningless" without the U.S. AFP/GETTY IMAGES

But Trump's declaration this last week that he will begin the U.S. withdrawal from the TPP on Day 1 of his presidency appears to have killed the pact, because the U.S. accounts for more than half of the GDP of its 12 members.

> **It's not the right timing to talk about bilaterals.**
> Kenjiro Monji

TPP's rules dictate that the deal can't go ahead unless it has the backing of countries making up 85 per cent of the pact's GDP — simple arithmetic that effectively gives the U.S. and Japan the power to kill it.

Despite that, Monji said the agreement is not officially dead and, until it is, reviving talks in the Canada-Japan Economic Partnership Agreement could send the wrong signal to Trump.

"We are not forgetting the bilateral Economic Partnership Agreement," Monji said in an interview. "It's not the right timing to talk about bilaterals."

Canada and Japan held seven rounds of two-way trade talks between 2012 and 2014. Leaked government documents obtained by The Canadian Press showed that Japan rebuffed Canadian requests for an eighth round in 2015.

Prime Minister Shinzo Abe has said the TPP is "meaningless" without the U.S. However, the Japanese leader has spent much domestic political capital to win support for the deal, so any outright abandonment of the deal would be a major setback for him.

Chrystia Freeland, Canada's international trade minister, has said there's no way the TPP can come into force without the U.S.

THE CANADIAN PRESS

INDIGENOUS ISSUES

Supreme Court to hear two landmark rights cases

Two cases before the **Supreme Court** could define how industrial activity on indigenous lands is regulated. THE CANADIAN PRESS

Experts say two cases coming before the Supreme Court this week could become landmarks in defining how Canada regulates industrial activity on indigenous lands.

But for Jerry Natanine of Clyde River, Nunavut — one of two indigenous communities that will ask the top court to overturn National Energy Board permits — the issue is a lot more visceral. "The animals that we live off are in danger and, because of that, we feel our lives are at stake."

Clyde River is to ask the court Wednesday to overturn a permit for a Norwegian consortium to do seismic testing in Baffin Bay. Locals say that would kill or drive away the animals they depend on, a position widely shared across Nunavut.

The Chippewas of the Thames have similar concerns in a case that is to be heard together with Clyde River's.

The Chippewas want the court to overturn a permit given to Enbridge to reverse and expand the flow of the Line 9 pipeline between Sarnia, Ont., and Montreal.

In both cases, Ottawa argues the board was qualified to stand in for the Crown and indigenous groups had plenty of opportunity to get information and express their concerns. In a verdict the two suits are seeking to overturn, the Federal Court of Appeal sided with the government.

Nigel Bankes, chairman of natural resource law at the University of Calgary, says that because the Chippewas case involves a pipeline, it may be even more important than Clyde River. THE CANADIAN PRESS

WIRELESS

Uphill battle for Freedom

The company formerly known as Wind Mobile started rolling out its new high-speed wireless network in Toronto and Vancouver on Sunday, as part of an incremental effort to compete better with the country's Big Three wireless providers.

But some industry watchers say the rebranded Freedom Mobile, which was acquired by Shaw in a deal that closed in March, is unlikely to make a big difference immediately.

In theory, Freedom's beefed-up LTE network, an upgrade from its third-generation platform, should increase competition, said Marc-David L. Seidel, a professor at the University of British Columbia's Sauder School of Business.

But its restricted launch isn't a competitive entrance, he said.

Another major hitch, he added, is that the company's network coverage isn't as robust as that of the Big Three telecommunications companies, Rogers, Telus and Bell. It's also weaker than these rivals' flanker brands, the less expensive Fido, Koodo and Virgin, respectively.

New hardware requirements may be another impediment to Freedom's price-sensitive customers considering an upgrade to its new high-speed network, said Seidel. Existing customers will need one of two smartphones to able to access it, and they'll likely have to pay a higher price point than with their current 3G plans.

Fred Lazar at York University's Schulich School of Business in Toronto believes Shaw is well-positioned to become a fourth major player in the markets it services as it's bound to attract individual customers, as well as small and mid-size businesses looking for less expensive, high-speed plans.

THE CANADIAN PRESS

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AT RIDEAU CARLETON RACEWAY

metro LIFE

Your essential daily news

Aboriginal writer Melanie Florence wins TD Canadian Children's Literature Award for Missing Nimama

5 THINGS WE LEARNED FROM THE WEEKND'S STARBOY

Canadian R&B mysterioso The Weeknd, born Abel Tesfaye, has been teasing listeners for months with two music videos, a short film called Mania and a trickle of songs to whet fans' appetites. Here are a five things to know about his Starboy project, released on Friday. **THE CANADIAN PRESS**

GETTY IMAGES

1 He may be shading Drake:

Rumours of a rift between The Weeknd and old friend Drake have circulated for years without much evidence. The two knew each other when Tesfaye was getting his career off the ground, but after numerous collaborations on Drake's albums the two appeared to go their separate ways. That's left fans wondering if a line in Sidewalks is a direct shot at the Hotline Bling performer: "Too many people think they made me. Well if they really made me then replace me." Then again, that could also describe a lot of record executives.

AP PHOTO/TURNER CLASSIC MOVIES

2 He's still sombre:

Yes, several tracks are certain to ignite dance floors, but Tesfaye hasn't lost his touch for the debauchery and depressing lyrics that shaped his early career. One of his darkest songs yet, Ordinary Life, has the singer (or the Starboy character?) coming to terms with fortune and fame — and how the lifestyle might destroy him. Telling the story of a suicidal sexual encounter behind the wheel of his car, he sings: "Like I'm James Dean, I'mma die when I'm young."

GETTY IMAGES

3 This isn't the end:

Beyond a global tour set to kick off in the new year, the Weeknd promises more from his Starboy alter-ego. In the interview with Apple Music DJ Zane Lowe, which aired Thursday night, he said a Starboy comic book is in the works and he'd like to pitch it to Marvel or DC Comics.

FREDERIC J. BROWN/AFP/GETTY IMAGES

4 It's star-powered:

Not like The Weeknd needed marquee performers to give his latest album traction, but there's plenty of them here anyway. Robotic duo Daft Punk lend their hands to the opening and closing tracks (lead single Starboy and the funky I Feel It Coming), while Lana Del Ray drifts through the fleeting Stargirl Interlude. Others making appearances include rapper Future (All I Know) and Kendrick Lamar (Sidewalks).

5 Retro sounds are in:

While he doesn't pick a particular decade, a couple songs are fused with the spirit of Throwback Thursday. The funky Secrets borrows from the chorus of the Romantics' 1984 rock hit Talking in Your Sleep and fuses it with a sample of Pale Shelter, a 1982 track from Tears for Fears (pictured). The bootyshaker Rockin' carries a bouncy beat that would fit perfectly in an early 1990s house mix.

MIKE SLAUGHTER/TORSTAR NEWS SERVICE FILE

MONEY

Keep your budget, and sanity, intact when holiday shopping

Gail Vaz-Oxlade
For Metro Canada

People find it challenging to plan for the holiday season without blowing their budgets or their minds.

If you didn't create a savings plan at the beginning of the year to save for this holiday shopping season, you may find it a test. Time to get creative:

1. **Make a list and check it twice.** Who doesn't need to be on there? To whom can you give a token gift? Secret Santa works at work, why not for siblings? Once you have a list, jot down your gift ideas for each.

2. **Give of yourself.** The very best gifts don't have to cost a lot. Offer your time for babysitting, cooking meals, house cleaning, massaging, sewing, or whatever else you're good at. Clip a picture of the service you'll provide and be clear on how often. Better yet, make your own coupon book.

3. **Don't hungry-shop.** If you're going to be out shopping, pack a snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self control) can work properly.

4. **Don't open up all the new store credit card accounts you're offered.** It's super-tempting to get 10 per cent or 20 per cent off your purchase for the day. But think for a minute: stores must be making crap-loads of money on interest and fees to offer you that "special deal." Plus, opening and closing store cards can mess with your credit score.

5. **Don't self-gift while shopping.** Don't be one of the 70 per cent of shoppers using the one-for-you-one-for-me approach. Show some self-control!

6. **Use gift cards carefully.** Gift cards are all the rage. Can't think of what to get? A gift card will do nicely. Can't be bothered with the shopping mayhem? Gift card! Forgot to pick something up for Cousin Alice? Did you know that tons of gift cards go unredeemed every year?

If you must buy a gift card, make sure you choose a reputable retailer, since you're translating real money into retail dollars you can only spend in one place.

7. **Shop with cash.** Psychologists (and banks) know that shopping with plastic makes you vulnerable to spending more. Put the money you plan to spend in an envelope and attach your list.

If you must use a card, note the amount you plan to spend in a notebook or on your phone. As you shop, deduct what you've spent. That'll help to keep the spending experience real.

For more money advice, visit Gail's website at gailvazoxlade.com

PUNK MUSIC NOT MEANT TO GET NOSTALGIC OVER Joe Corre, son of Vivienne Westwood and Sex Pistols creator Malcolm McLaren, burned his entire punk collection that he claims is worth £5 million ($8.4-million CDN) on Saturday in London. Corre said he set the rare punk memorabilia on fire because punk has no solutions for today's youth and is 'conning the young.' Corre told the crowd watching his self-styled protest on the River Thames that "punk was never, never meant to be nostalgic." JOHN PHILLIPS/GETTY IMAGES; AP

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Dream of being the boss leads to waiving of rights

THE SHOW: Pencils Down! (iTunes, VOD)
THE MOMENT: The present-day echo

Screenwriters and other members of the Hollywood community address the camera in this doc about the 2007 writers' strike. In a show of solidarity, members of the Writers Guild of America — the screenwriters' union — and the people who supported them walked picket lines for 100 days, fighting for residuals for work that ran online (streaming was then brand new).

It wasn't exactly a triumph, but it was a triumph for unionism. This doc contends that the idea of unions has been tarnished, and that's a shame.

"The larger problem is a loss of community in the U.S.," says writer John Bowman. "The libertarian philosophy — every man for himself — has grabbed hold. We all admire a successful CEO. That's a great dream. But the practical reality is, there's only one of them, and there are 200,000 people working for him, who are most likely going to stay one of 200,000."

"If you are not taking care of the average worker, you create an unstable environment," agrees writer Peter Hankoff.

Every historical film, fiction or non, has to have relevance in the time it's released. This one's relevance to the just-concluded U.S. election could not be clearer if the doc makers had scripted it.

Though it may be difficult to think of screenwriting as hard labour, the liberal media here points out a perplexing truth: People's dreams of being the boss lead them to forego their rights as workers. Call it ignorance or naïve hope, but as Trump's 60 million supporters so soundly demonstrated, it's powerful.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Writer, comedian and actress Tina Fey walks the picket line with members of the Writers Guild of America as they picket in front of Viacom headquarters in New York, in this Jan. 9, 2008, file photo. AP PHOTO/KATHY WILLENS

Mega Cyber deals

ONLINE DISCOUNTS

Stay home and get more bang for your buck

Jaclyn Tersigni

If parking lot traffic jams and hour-long checkout queues aren't your thing, don't fret: there's a shopping occasion for you, too. Cyber Monday is the online-only discount extravaganza, where you can reap mega-discounted goods from the comfort of your bed, if you so choose. The deals are just as good as those offered on Black Friday, so you can happily wait until Monday morning. Here's a handful of bargains you'll be able to find.

A perfect gift for the amateur photographer on your holiday shopping list. This drone-plus-camera (1080 pixels, for high-definition footage) set allows for incredible aerial shots.
DJI Phantom 3 Advanced Quadcopter Drone with Camera. On sale for $799.99 (save $280) at Best Buy, bestbuy.ca.

The newest edition of the mega-popular hoverboard comes with built-in Bluetooth speakers. Available in a variety of hues, including pink, yellow, red, white and blue.
Swagtron T3 Hands Free Smart Board. On sale for $499 (save $150) at Staples, staples.ca.

British jewellery brand Links of London is taking 20 per cent off its wares online — including this 18-karat-gold cuff. Bonus: if you spend $595 or more online, you'll receive a complementary, limited edition Timeless Diamond Bracelet (valued at $245).
18K Yellow Gold Vermeil Woven Cuff. $875 (plus 20 per cent off) at Links of London, linksoflondon.com.

Big discounts on Apple products are often hard to come by, making this 33 per cent off deal on an Apple Watch extra tempting. Receive and respond to messages, make payments, control your music, and more, all from your wrist. It is Wi-Fi- and Bluetooth-equipped, and its battery lasts for up to 18 hours on a single charge.
Apple Watch 42MM Stainless Steel. On sale for $369.99 at eBay, ebay.ca.

Canadian aromatherapy retailer Saje Natural Wellness is offering 20 per cent off its online store — including this multifaceted ultrasonic diffuser, and collection of essential oil blends.
Aromagem 2.0 Ultrasonic Diffuser. $74.95 (plus 20 per cent off); Deluxe diffuser blend kit. $84.95 (plus 20 per cent off) at Saje Natural Wellness, saje.com.

This heated hair brush with adjustable temperature controls makes hair-straightening a breeze. It has a six-foot swivel cord, dual voltage, an LCD safety feature.
Haute Brush Hair Straightener. On sale for $29.99 (save $40) at Staples, staples.ca.

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RECIPE Spaghetti and Meatballs

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love this spin on a classic.

Ready in 70 minutes
Prep time: 30 minutes
Cook time: 40 minutes
Serves 4

Ingredients
- 1 onion, chopped fine
- olive oil
- 2 or 3 cloves of garlic, minced
- 1/4 tsp nutmeg
- pinch of cinnamon
- pinch of chili flakes
- 1 tsp salt
- 1x28 oz. cans of plum tomatoes
- good splash of red wine vinegar
- 1/2 tsp pepper
- 1/2 cup panko or bread crumbs
- 1/2 cup grated Parmesan
- 1 egg
- 1/2 lemon's worth of zest
- 1 lb. ground beef

Directions

1. Saute onion in a glug of olive oil for 4 minutes. Add garlic, nutmeg, cinnamon, chili, salt and pepper. Cook for a couple more minutes.

2. Take half the onion and garlic mixture and put it in a large bowl. Add tomatoes and red wine vinegar to remaining onions in pan and simmer.

3. To onion mixture in bowl, add panko, grated Parmesan, egg, lemon zest, and meat. Combine and form into 1-inch balls.

4. Put pot of water on to boil for your pasta.

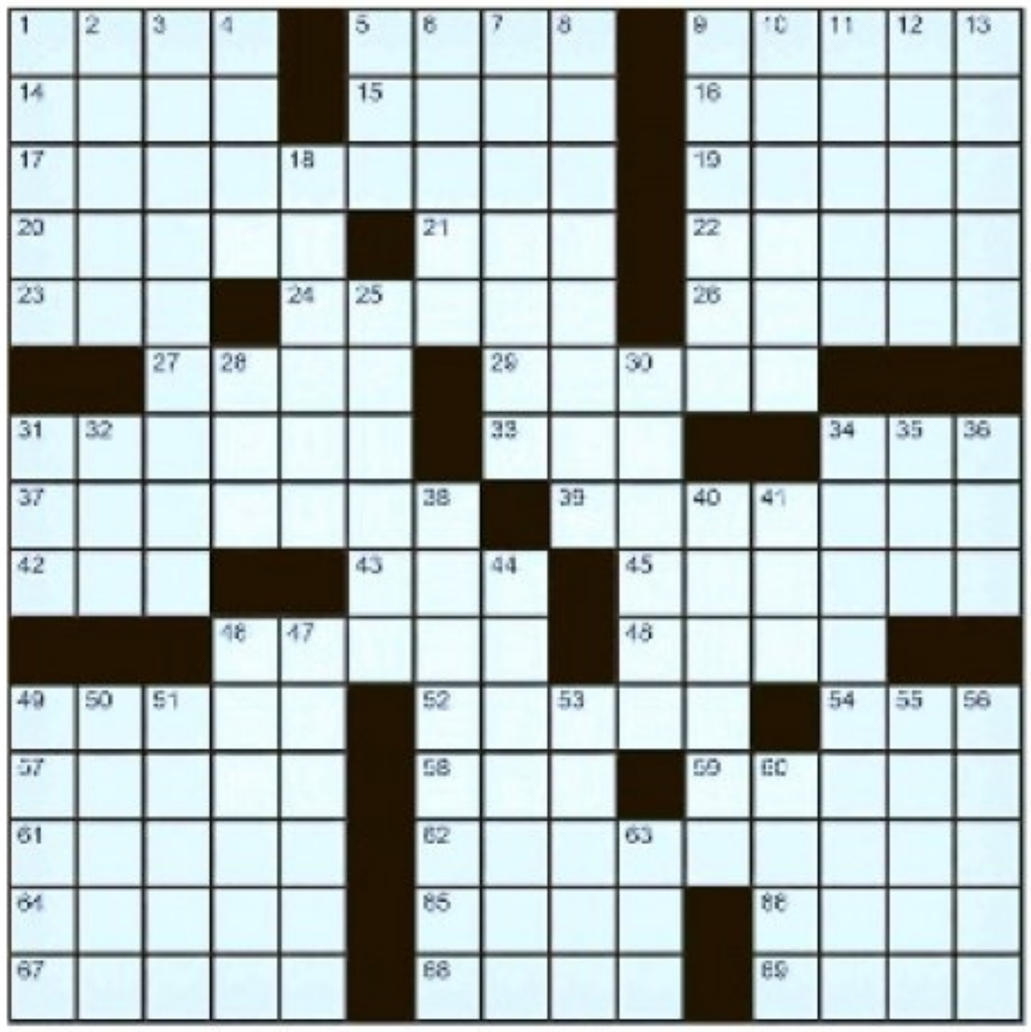
5. In a separate pan, cook meatballs over a medium heat until browned and cooked through. You'll probably have to do it in two batches. Add them to the sauce and continue to let simmer

6. Cook your pasta to al dente and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Eugene O'Neill play, _ Christie
5. Kitchen amt.
9. "Beau _" (1939)
14. 1970s fad, _ rings
15. Harp, in Italy
16. Like bits of porridge
17. Energy company headquartered in Saint John, New Brunswick: 2 wds.
19. Pedestal
20. Express
21. Alias acronym
22. Gumption
23. "Hush."
24. Accountant's review
26. Vexed
27. Pull in pay
29. Brisk as a late Fall day
31. Comic actor David, and surnamesakes
33. Long-snouted fish
34. Tavern
37. 'Musical' membrane?
39. Salad staple
42. AC/DC song
43. Sales pro
45. The space under a leafy tree on a sunny day
46. Bleak, in poetry
48. Trudged
49. The _ Stooges
52. Cereal brand, _ Puffs
54. "Uh-huh!"
57. Carriers of blood
58. Friend of Canada, e.g.
59. Sugar: French
61. Beatles: "Sexy _"
62. Northeastern Ontario town, home of the Ontario Loggers Hall of Fame
64. Women's tennis great Chris
65. Type size
66. Mr. Cassini (First Lady Jacqueline Kennedy's designer)
67. Newbies
68. Billy Ray Cyrus' "_ Breaky Heart"
69. Seven, in Portugal

DOWN
1. Haywire
2. "_ Country" (2005) starring Charlize Theron
3. Song by Canadian band Spoons that starts "Architects of the world / I walk your streets and live in your towns...": 2 wds.
4. Prospector's passage
5. Product's price-putting place
6. Wide ranging
7. Touchdown getter's celebratory move in the end zone with the football
8. Grand, like Versailles
9. "_ Girl" (Blake Lively show)
10. Menu establishment
11. Filled the air like sardines
12. Uptight
13. Wrapped up
18. More within reach
25. Not certain
28. Contribute
30. "There you have it!"
31. Established
32. Pot's kitchen pal
34. Martini-glass-holding character for Scott Thompson on "The Kids in the Hall": 2 wds.
35. Genius
36. Corrector's pen choice
38. "I'm sorry.": 2 wds.
40. Be a caught shark, do this
41. Spiritual 'way'
44. Commonplace
46. Movie great Robert: 2 wds.
47. Puts back to zero
49. RCA product: 2 wds.
50. Bad guy, in a movie
51. "Easy _" (1969)
53. Fisherman's count
55. Word on a Quebec stop sign
56. Pruned property partition
60. Li'l Martian crafts
63. Coral reef

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's important to grab every opportunity to expand your horizons. Travel or learn new things, because this is what will please you the most right now.

Taurus April 21 - May 21
Take care of loose details related to red-tape matters like insurance issues, inheritances, taxes, debt and shared property. Don't let these loose ends nag you.

Gemini May 22 - June 21
Remember to get more sleep, because the Sun is opposite your sign at this time of year. You definitely need more rest. That's the way it works.

Cancer June 22 - July 23
Do whatever you can to feel better organized. Tidy up loose ends both at home and work, because this will make you feel mentally and emotionally stronger.

Leo July 24 - Aug. 23
This is a playful time of year for you. Enjoy fun activities with children, the arts, social outings, sports events and any chance to express your own creative talents.

Virgo Aug. 24 - Sept. 23
It's most appropriate that you focus on home, family and your private life at this time. Home repairs plus interactions with relatives, especially parents, are important.

Libra Sept. 24 - Oct. 23
You have a strong desire to enlighten others about something. You want to write, talk and express your ideas in any way that you can. Fortunately, others will listen.

Scorpio Oct. 24 - Nov. 22
As you think about money, cash flow and earnings at this time, basically, you are dealing with your values. It's important to know what really matters in life.

Sagittarius Nov. 23 - Dec. 21
This is your chance to replenish yourself for the rest of the year. Talk to others and ask for what you want and what you need. Resources will come to you now.

Capricorn Dec. 22 - Jan. 20
Use this time to plan ahead for your new year (birthday to birthday). If you set goals, especially with deadlines, you are more likely to achieve what you want.

Aquarius Jan. 21 - Feb. 19
Share your hopes and dreams for the future with someone today, because his or her feedback will help you. Someone younger might have ideas that you admire.

Pisces Feb. 20 - March 20
Because you look favourable in the eyes of bosses, parents, teachers and VIPs at this time, make your move! Push your own agenda forward, because you will get what you want.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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FRIDAY'S ANSWERS

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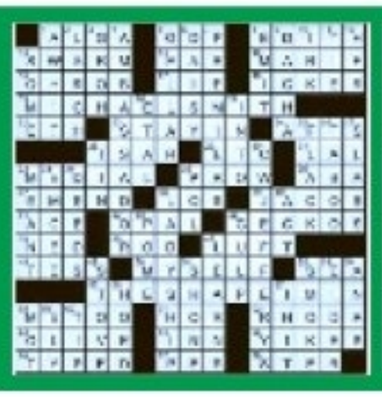

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7	1	6	9	4	8	2	5	3
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8	4	3	1	2	5	9	6	7

ATTENTION ONTARIO CERTIFIED TRADES PROFESSIONALS, EMPLOYERS, APPRENTICES AND PARENTS

The Ontario government has introduced amendments to the Ontario College of Trades and Apprenticeship Act that it plans to push through the legislature within the next two weeks. These amendments, buried in a budget bill, will diminish the value of a certificate of qualification in a compulsory trade – such as electrician, steamfitter, plumber, sheet metal worker and sprinkler installer. This may also impact trades in non-construction sectors.

Trades are designated as compulsory in order to protect workers and the public. Ontario law stipulates that only licensed professionals or registered apprentices can perform the work of a compulsory trade. The government's proposed amendments will allow cheaper, unskilled workers to do some of this work so that corporations can save money.

WHO SHOULD CARE IF THE AMENDMENTS PASS?

Parents: If your son or daughter is working as an apprentice they could be exposed to unsafe workplaces.

Employers who hire certified trades: You could lose work to competitors using cheaper, unskilled labour. Your focus on safety and training will be less valued.

Certified trades professionals: Your ticket (C of Q) that you worked so hard to achieve and you are rightfully proud of may no longer be of value. And you may be at risk on job sites where untrained individuals are doing the work you were trained to do.

Apprentices: Your workplace could become much more dangerous and your years of training for certification wasted.

Action: Let Premier Kathleen Wynne or your MPP know that there must be proper debate of these proposed amendments to ensure we keep Ontario families and workers safe. Email the Premier at kwynne.mpp.co@liberal.ola.org

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